

#### IN THE ABSTRACT

On page 8, please amend the Abstract as follows:

An exercise machine ~~comprises~~ includes a base, a machine frame mounted on the base, and one or more hand grips pivoted to the machine frame. Each of the hand grips is provided with a damping device which is fastened at one end ~~with~~ to the base or machine frame, and at the other end ~~with~~ to a bottom end of the hand grip.